



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

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FISH FILLETS PROVIDE EASY TO BUY AND EASY TO COOK MEALS

For working wives who must rush from office to market to purchase supplies for the family dinner, fish fillets provide a very popular market form of fish that is both easy to buy and easy to cook.

Filletts are the sides of the fish, cut lengthwise away from the backbone. They are practically boneless and have little or no waste. Fillets usually are purchased in the frozen state and should be kept frozen until used. They compare favorably in appearance, flavor, and food value with fresh fish.

Frozen fillets may be cooked without thawing if additional cooking time is allowed and if they can be used conveniently in the recipe. Normally, it is suggested, that they may be thawed overnight in the refrigerator or left at room temperature for 3 or 4 hours.

Do not overcook fish. Just enough cooking to enable the flesh to be flaked easily from the bones will leave the fish moist and tender and bring out its delicate flavor.

The home economists of the Fish and Wildlife Service suggest that you join the Fish Parade by going to the market to purchase some fish and serve "Baked Haddock Fillets in Spanish Sauce" during National Fish Week.

BAKED HADDOCK FILLETS IN SPANISH SAUCE

2 pounds haddock fillets, fresh or frozen	1 teaspoon salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{4}$ cup chopped green pepper	Dash pepper
3 tablespoons butter or other fat, melted	1 whole bay leaf
2 tablespoons flour	1 whole clove
2 cups canned tomatoes	

Thaw frozen fillets. Cut into service-size portions. Place in a single layer in a well-greased baking pan, 13 x 8 x 1-3/4 inches. Cook onion and green pepper in butter until tender. Blend in flour. Add tomatoes and seasonings and cook until thick, stirring constantly. Remove bay leaf and clove. Cover fish with the sauce. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

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